

# LA JOLLA COMMUNITY CENTER

## October 2022 NEWSLETTER

Our mission is to promote lifelong learning, wellness and friendship.

6811 La Jolla Blvd. La Jolla, CA 92037 | (858) 459-0831 | [www.ljcommunitycenter.org](http://www.ljcommunitycenter.org) | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)

**Our priority is your safety and that of staff and guests.  
If you have COVID-19 symptoms, please stay home and contact a healthcare provider.  
Masks are strongly recommended for all persons, regardless of vaccine status.**

### RESERVATIONS REQUIRED FOR ALL PROGRAMS

#### Fourth Friday Jazz Series

##### Gilbert Castellanos

##### A Tribute to the Latin Jazz Masters

Gilbert Castellanos, Trumpet Virtuoso, San Diego Music Awards 6 times Best Jazz Artist & Artist of the Year, Curator, Resident Composer, Arranger and Educator will be closing out our Fourth Friday Jazz Series! Castellanos is featuring Irving Flores on Piano in a Tribute to Latin Jazz Masters.

**Friday, October 28. Reception 7:00pm, Concert 8:00-9:15pm.**

**Pre-purchase: \$22/M, \$25/NM. Door \$30/person.**

**Light refreshments served. Complimentary valet parking.**



#### Opera Wednesdays

##### Every Second Wednesday of the Month!

Listen to Southern California's Top Opera Singers! Artists consist of past and present Metropolitan Opera Competition Winners, active SD Opera performers and guest artists who have sung all over the world.

**Wednesday, October 12. 7:00-8:30pm.**

**\$10-20 suggested donation. 100% of donations go directly to artists. Snacks and refreshments available for purchase.**



#### Distinguished Speakers Series VIRTUAL

##### Councilmember Joe LaCava (District 1) Overview & Priorities for La Jolla

The Councilmember's top two priorities for La Jolla are streets and code enforcement. Councilmember LaCava will discuss budget allocations for La Jolla roads and his support (related to code enforcement) of pay increases for police to help fill vacant positions and additional funding requests to the Parks and Recreation budget. His specific goals for La Jolla also include implementing and enforcing the short-term rental ordinance and gaining passage of the City's *Vending and Spaces as Places* ordinances at the California Coastal Commission. Join us to learn more about additional legislative goals.

**Thursday, October 20. 10:00-11:00am. Virtual Presentation.**



#### Pre-Holiday Wine Tasting

Perfect for the Holidays! Enjoy 6 wines varying from France to California.

**Thursday, November 10. 6:00-8:00pm.**

**\$25/M, \$40/NM.**

**Reservations required by November 3.**



#### Día de los Muertos Celebration

##### One time a year, our departed come back to celebrate with us.

Day of the Dead (Día De Los Muertos) is a joyful time that helps people remember the departed and celebrate their memory. The event consists of three major themes: Remembrance, Community and Celebration. Day of the Dead is a rare holiday for celebrating death and life where mourning is exchanged for celebration. Join us for a festive and celebratory evening! Dinner and drinks included. Complimentary valet parking.

**Wednesday, November 2. 5:00-7:30pm. \$25/M, \$40/NM.**



#### American Mahjong Beginners

##### 6 Week Course

Learn the basics and fundamental rules of Mahjong. Classes include instruction, handouts and gameplay. The 2022 Mahjong Card (required) may be purchased online from the National Mahjong League.

**Thursday, October 27, November 3, 10, 17, December 1, 8. 10:00am-12:30pm. \$165/M, \$190/NM.**



#### Tuesday Travel Club

##### Tips and Tricks for Using Airline Miles and CC Rewards

Meet fellow travel enthusiasts! Join us to relive adventures, share photos from around the world and get first-hand recommendations on new destinations. Find fun, laughs, and maybe even a new travel buddy! Led by Susie Piegza.

**Tuesday, October 18. 3:30-4:30pm. Free/All.**

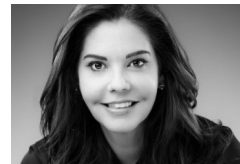


#### Distinguished Speakers Series VIRTUAL

##### Julia Civardi, Founder/CEO SOTERIA Precision Medicine Fighting Cancer with Precision Medicine

SOTERIA empowers patients and physicians with expert, leading-edge, precision medicine solutions - identifying the best clinical specialists, molecular testing, and personalized treatment options available on a case-by-case basis. Julia Civardi will discuss how data-driven therapy options target the biology of a person's disease to generate tangible value in both treatment and remission plans.

**Thursday, November 10. 10:00-11:00am. Virtual Presentation.**



## Canasta 101: 8 Week Course

Learn how to play the popular game, Canasta! Canasta combines elements of Bridge and Rummy. This game is easy to learn, especially for players of these games, but no experience is necessary.

The object of the game is to score points by making as many melds as possible, especially canastas. A meld is three or more cards of the same rank, regardless of suit.

**Thursdays, October 13, 20, 27, November 3, 10, 17, December 1, 8. 1:00-3:00pm. \$100/M, \$150/NM.**



## Author Talk "Lovers of Tomorrow" Peggy Hinaekian

The novel draws the reader into another world, the exciting and exotic world of the 1960s in Europe. It is an adventure novel about a young woman seeking the man of her dreams while going through a number of meaningless affairs in her life of fantasy mixed with reality. A surprise ending leaves fans asking for more. *A gift will be offered to those who purchase the book.*

**Thursday, October 20. 2:00-3:00pm. Free/All.**



## Spanish 2

If your goal is to communicate in Spanish using authentic structures and a broad vocabulary, this is the program for you!

Book used for class: *The Ultimate Spanish 101: Complete First-Year Course.*

**Wednesdays, 10-11:30am.**

**Drop-Ins \$17.50/M, \$20/NM per class.**



## SeniorConnect: Using Popular Apps on Your iPhone For Intermediate users

This class will review step-by-step instructions on 4 of the most popular Apps on your phone. Lear to use apps to to request rides, order delivery meals and groceries and how to listen to your favorite music.

**REQUIRED: Apple ID and password is needed to download applications.**

November 9: Uber (Rides/Transportation)

November 16: Uber Eats (Meal Delivery)

November 23: Vons (Grocery Delivery)

November 30: Pandora (Music)

**Wednesdays, November 9, 16, 23, 30. 12:30-1:30pm. Course \$20/M, \$40/NM. Drop-In \$10/M, \$15/NM.**



## Planned Giving

**Please consider the La Jolla Community Center when planning your estate!**

### 3 Reasons to Give

1. Your planned gift will help us carry out our mission for many years ahead
2. Enjoy significant tax benefits while supporting a cause that's meaningful to you
3. Among other plans, you can give a future gift through your estate or an immediate gift that returns income

**For more information, please contact  
Nancy Walters, Executive Director  
(858) 459-0831**

A tradition of excellence from local artists since 1918



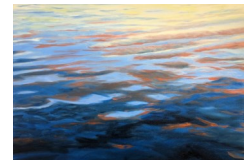
The La Jolla Community Center  
is home of the  
La Jolla Art Association

## LJAA Art Demonstrations

### Every Fourth Thursday of the Month

The La Jolla Art Association membership includes local artists representing a variety of media from oil to watercolor, acrylic, digital, and more. Learn more about the artists through monthly art demonstrations.

**October Artist: Virginia Howlett, Oil Painting. Thursday, October 27. 4:00-6:00pm. Free/All.**



## LJAA Exhibition & Reception

The La Jolla Art Association presents a new exhibition from October 3 - December 2. The media featured will include watercolor, photography, oils, digital art and acrylics.

**Reception: Thursday, October 20. 4:00-6:00pm. Free/All. To view the art, please call in advance as some galleries may not be available.**

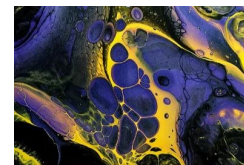
## Acrylic Pour Workshop

Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok. There are endless creative possibilities thanks to different ways to combine acrylic paints.

**Friday, October 21. 2:00-3:30pm. \$20/M, \$30/NM.**

**Monday, October 24. 6:00-7:30pm. \$20/M, \$30/NM.**

**Beverages available for sale. Materials included. \*painting will be wet after class. Pick up is available during the week.**



## Painting from the Model, Uninstructed

Test your figure drawing or painting skills in this uninstructed painting session. Models vary and will be costumed or nude. No matter what your level of experience, you're welcome to join and experience the thrill of painting directly from a live person posing for you.

**Fridays, 10:00am-1:00pm. RESERVATIONS REQUIRED to secure your spot: Dottie Stanley at [dottieartist@gmail.com](mailto:dottieartist@gmail.com) Free/M, \$5/NM. Participants split the model fee.**



## Digital Art Creation Using iPhone/iPad

Bring your device and photos to learn how to merge 2-3 images into 1, using the elements of each picture that you love! Bring two pictures already in your photo gallery; 1) picture of the sky with clouds, 2) picture of a tree or your favorite picture.

**\*read necessary app requirements on our website. Thursday, October 27. 1:00-2:30pm. \$10/M, \$20/NM.**



## Watercolor with Wine Tuesdays

### 4 Week Course

Practicing art is just like learning a new language: you must practice every day. Art is a journey, not a destination! Come to experiment, explore, challenge yourself!

Play, learn, gain understanding and confidence as you play & paint. All levels welcome. Instructor: Minnie Valero.

**Tuesdays, November 29, December 6, 13, 20. 3:00-5:00pm. \$79/M, \$99/NM. Material List available on the website.**





# MEMBERSHIP & DONATION INFORMATION

## Become A Member!

Individual Membership: \$120 | Couple Membership: \$200

**Please consider making a contribution today and make a lasting investment in our future!**

- Your gift will help us carry out our mission for many years ahead
- Enjoy significant tax savings while providing for a cause that's meaningful to you

**The La Jolla Community Center is a 501(c)(3) Tax ID 20-8682354**

**For more information, please contact Nancy Walters, Executive Director, (858) 459-0831**

## ONGOING PROGRAMS

**Register now! Limited seating and registration required. To register:  
[www.ljcommunitycenter.org](http://www.ljcommunitycenter.org) | (858) 459-0831 | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)**

### Zumba with Ruth Karhu IN-PERSON

Focuses on Latin rhythms and very easy-to-follow moves. The benefits are that it tones, enhances bone density, strength and flexibility, boosts metabolism and improves cognitive functions.

**Tuesdays, 10-11am & Fridays, 9-9:50am, Free/M, \$10/NM.**

### Gentle Yoga with Bob Spindler IN-PERSON

A very gentle style of hatha yoga designed to meet the specific health concerns and challenges seniors face including balance, posture, breathing and stretching.

**Thursdays, 10-11am. \$5/M, \$10/NM.**

### Deep Yoga Flow with Anne Marie Welsh IN-PERSON

Connects breath to movement, so the physical practice of yoga (asana) becomes a meditation in motion that fosters flexibility, strength, focus and clarity.

**Mondays & Wednesdays, 11am-12:15pm. \$5/M, \$10/NM.**

### Kundalini Yoga with Guru Amrit IN-PERSON

Balances the body, mind, emotions and uplifts the spirit. Its practice produces a deep healing process and a relaxed experience of consciousness. Class focuses on breathing and meditation and involves stretching and cardiovascular exercises. **Fridays, 10-11am. Free/M, \$10/NM.**

### Qi Gong Style Tai Chi VIRTUAL

Gentle exercise benefits any age person coping with arthritis in joints by using easy movement to lubricate joints, and lowering high blood pressure by natural calming and relaxation. **Thursdays, 10:30-11:15am. Free/All.**

### Strength & Balance Class IN PERSON

Age is no barrier to exercise. At any age, you can see improvement in your strength, balance, stamina, flexibility and more importantly the mental health benefits of exercise should never be underestimated.

**Thursdays, 12:30-1:30pm. Free/M, \$10/NM.**

### Chair Yoga & Meditation IN-PERSON

This gentle form of yoga is practiced sitting on a chair and is especially suitable for all ages, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. Class incorporates breathing exercises, stretching, yoga postures, and final relaxation along with Meditation techniques. **Tuesdays, 11:30am-12:30pm. Free/M, \$10/NM.**

### Investment Club VIRTUAL

#### Every THIRD Thursday of the month

Gain insight and discuss all things financial. Topics covered vary monthly and will include stock statistics; the importance of working with fiduciaries versus commissioned brokers; bond overview; diversification and minimizing market risk; and more. Led by John Weinstein, certified financial planner.

**Thursday, October 20. 2:00-3:00pm. Free/All.**

### French Conversation IN-PERSON

Whether you're a native Francophone or a proficient French speaker, conversation groups are a fantastic way to keep up your speaking and listening skills – plus you will make *de bons amis*.

**Tuesdays, 10:30am. FREE/M, \$5/NM.**

**Café Español IN-PERSON** Improve, learn and develop your Spanish conversation skills. Class lead by Olga Fabrick, native speaker and trained in Second Language Acquisition Methodology. Intermediate to Advanced Conversation levels. Currently reading "El Amante Japonés" by Isabel Allende.

**Mondays, 2:30pm. Free/M, \$5/NM.**

### LJCC Book Club IN-PERSON

This book club is designed for people to be able to get together once a month to discuss good books. The goal of the book club is to have FUN, expand our horizons, and exchange ideas with other interesting people! With the LJCC Book Club, you can treat yourself and make sure that you are reading at least 1 good book a month.

**October Book: "A Woman of No Importance"**  
by Sonia Purnell

**Wednesday, October 19, 1:30-3pm. Free/All.**

### Social Bridge Groups IN-PERSON

Do you enjoy Bridge? Have a group that wants to play at the LJCC? Reserve a room during the week.

**Various days and times available.  
Free/Members, \$5/Non-Members.**

### Social Mahjong IN-PERSON

Join a game of Mahjong! Players must know the basic rules, be able to identify tiles and have a 2022 Mahjong card. Player level is mixed. There is no instruction given during the group play. If you have a set, please bring it.

**Tuesdays, 11:00 - 3:00 PM.  
Free/Member, \$5/Non-Member.**

Mon	Tue	Wed	Thu	Fri
<b>EVERY MONDAY</b> 9am Body-Mind Movement and Dance: Virtual 11am Deep Yoga Flow 2:30pm Café Español	<b>EVERY TUESDAY</b> 10am Zumba 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation	<b>EVERY WEDNESDAY</b> 11am Deep Yoga Flow	<b>EVERY THURSDAY</b> 10am Gentle Yoga 10:30am Tai Chi: Virtual 12:30pm Strength & Balance	<b>EVERY FRIDAY</b> 9am Zumba 10am Kundalini Yoga 10am Paint the Model
10:30am Bridge Beginners Wk 4  2pm Bridge Intermediate Wk 4		12:30pm iPad/iPhone Beginners 1 Wk 4	10am American Mahjong Beginners Wk 5	
10:30am Bridge Beginners Wk 5  2pm Bridge Intermediate Wk 5		10am Spanish Beginners 2 12:30pm iPad/iPhone Beginners 1 Wk 5  <b>7pm Opera Wednesdays</b>	10am American Mahjong Beginners Wk 6  1pm Canasta 101 Wk 1	<b>12pm Kiwanis Lunch Meeting</b>
10:30am Bridge Beginners Wk 6  2pm Bridge Intermediate Wk 6	<b>3:30pm Tuesday Travel Club</b>	10am Spanish Beginners 2 12:30pm iPad/iPhone Beginners 2 Wk 6 <b>1:30pm LJCC Book Club "A Woman of No Importance"</b>	<b>10am Distinguished Speaker Series Councilmember Joe LaCava VIRTUAL</b> 1pm Canasta 101 Wk 2 <b>2pm Investment Club VIRTUAL</b> <b>2pm Author Talk: Lovers of Tomorrow</b> <b>4pm LJAA Exhibition Reception</b>	<b>12pm Kiwanis Lunch Meeting</b>  <b>2pm Acrylic Pour Class</b>
10:30am Bridge Beginners Wk 7  2pm Bridge Intermediate Wk 7 <b>6pm Acrylic Pour Class</b>		10am Spanish Beginners 2	10am American Mahjong Beginners Wk 1 1pm Canasta 101 Wk 3 <b>1pm Digital Art Creation Using Your iPhone</b> <b>4pm LJAA Artist Demonstration: Virginia Howlett, Oil Painting</b>	<b>12pm Kiwanis Lunch Meeting</b>  <b>7pm Fourth Friday Jazz Series featuring Gilbert Castellanos</b>
<b>Happy Halloween!</b> 10:30am Bridge Beginners Wk 8 2pm Bridge Intermediate Wk 8	<b>Nov-1</b>	10am Spanish Beginners 2 12:30pm iPad/iPhone Beginners 1 Wk 3 <b>5pm Día de los Muertos Celebration</b>	<b>Nov-3</b> 10am American Mahjong Beginners Wk 2 1pm Canasta 101 Wk 4 <b>5:30pm Kiwanis Meeting</b>	<b>Nov-4</b>

**Interested in a program? Please Register (858) 459-0831**  
Registration is required. Classes may be canceled if there is not a minimum number of participants registered for a program.  
*\*Please see class descriptions for canceled classes*

Like us on facebook! [www.facebook.com/ljcommunitycenter](http://www.facebook.com/ljcommunitycenter)



and review us on Yelp!



**Not a Member? Join today!**  
Individuals \$120/year Dual/Couples \$200/year  
Hours of Operation: Monday-Friday: 9am-5pm  
(858) 459-0831